



2024 London Western Twilight Series

Medway High School Track – Arva, ON

TWILIGHT MEET #2 – Wednesday, July 31st, 2024

Technical Information

Meet Director: Scott MacDonald – scottmaclwtfc@gmail.com 613-222-5674

Sanctioned: Athletics Canada, Athletics Ontario



Events: Twilight Meet #2 – 5:45 pm Start
Discus, Triple Jump
150m/200m, 800m, 2000m

Rules: World Athletics rules and regulations will be followed. Girls/Women will compete first, followed by Boys/Men. Heats will be run Slow to Fast

Check-in: All athletes will be checked in at their event area or start line 15 minutes in advance of the start.

Results: A link to live results will be available at www.londonwesterntfc.com/host-meets

FINAL SCHEDULE

<u>5:45 pm</u>	WOMEN Discus
<u>6:00 pm</u>	MEN Triple Jump
<u>6:00 pm</u>	150m – GIRLS followed by BOYS
<u>6:30 pm</u>	200m – WOMEN followed by MEN
<u>6:55 pm</u>	800m – WOMEN followed by MEN
<u>7:15 pm</u>	MEN Discus
<u>7:30 pm</u>	WOMEN Triple Jump
<u>7:30 pm</u>	2000m – WOMEN followed by MEN

